

It starts with you



You can't draw water from an empty well — make time to replenish.

We're here for you

Your well-being matters. If you're looking for someone to talk to about challenges, you're facing as a leader — personally or professionally — please reach out to your manager, an HR Business Partner, or your coworkers. We all need help sometimes.

And it's OK.



Self-care strategies for leaders

As a leader, you balance a lot of things — work, home, life, your team. Others look to you to motivate, inspire, and create positive change, so it's important that you make self-care a priority in order to be your healthy best.

Here are some ways you can stay on top of self-care:

-  **Check in with yourself.** Be aware of how you're feeling. Give yourself credit for your accomplishments, big and small. Reflect on the things that didn't go well and map out ways to do it differently.
-  **Relax and reboot.** Set aside 30 minutes each day to refresh and de-stress. Practice mindful breathing, and do some neck and shoulder stretches to get rid of tension. Laugh with a friend!
-  **Set boundaries.** Make a schedule and do your best to stick to it. Step away if you need a moment to regroup. Know your limits and ask for help when you need it.
-  **Focus on you.** Take care of your whole self by leveraging the Time-for-Self clock. Brush up on old skills or learn some new ones through training classes. Work on your own career development.
-  **Try something new and different.** Take an online cooking class, learn a new language, research a destination that intrigues you. Find inspiration from a podcast or TED Talk.
-  **Get some exercise.** Choose something you enjoy. Map out a new walking route, join an online yoga class, hit some golf balls.
-  **Connect with other leaders.** Share ideas, successes, strategies, struggles, and solutions. Make time to have non-work-related conversations with other leaders and co-workers as well.
-  **Take advantage.** Make use of the resources available around you to support yourself and your team. Leverage them to the fullest and lead the conversations.